

The Self-Love Handbook: Healing from Within

Dr. Rae's Love Coaching Program

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Healing (Loving) from Within

It's about balance...

As it is within (internally), so it will be without (externally)... everything from our home environment; to how we conduct our jobs (or the type of job we have); to our relationships with others is a reflection of what's going on inside of us. We have to be right or feel good within and about ourselves in order to manifest harmonious relationships with others; including those with family, friends, co-workers, and intimate love relationships. We are in a constant state of expelling energy by our mere presence. Our mental, emotional, and spiritual state will emanate from us positive or negative energy. The state of our inner being, healthy or not, will have an effect on our relationship with our environment and those with whom we interact...

Like attracts like...

We want to be in a constant state of attracting positive life and love experiences, but it begins within...

How do I love myself?

I eat right...I live right...
I'm good to myself and my body...
I create my own happiness.
I am love...

Greetings!

My name is Raechel Rivers, but you can call me Dr. Rae! I am your "Self-Love Advocate". These life lessons on love have prepared me for this position. I have also always enjoyed writing...and acting as sort of a therapist amongst friends; so Love Coaching it is! To get started down this new path, I've created the Self-Love Handbook as a follow-up to my 1st self-published book, "Journey to Self: Journey to Love". It's a non-fiction book of my thoughts, poems, and love-life experiences. The book was created with the intentional message of finding your life's purpose and focusing on it during the Single Season of your life. Your life is worth more than being in a relationship and finding your True Love. I know from experience; and I wasted plenty of time in pursuit of relationships. Through it all, I lost myself; so through my journey, I had to find myself and become at peace with Self and God who is within.

Maybe you are not single, but somehow this Self-Love Handbook has found you. I know many people who are married or in long-term committed relationships who are not happy or feel that something is still missing from their lives. I believe that the missing aspect is Purpose. You were created for more than a relationship; believe it or not. You may have an idea of what God, your Creator has called you to do; but you haven't figured it out yet. I am here to help you do just that! Discover or remember what it is that you love to do. Whether you are married to the love of your life or not, just know that God has created you to live a purpose-driven and meaningful life.

While participating in this program, reading the material, and going through the exercises, I want you to meditate on your ideal life and relationships. There will be many questions to answer regarding the current state of how you feel about yourself, your life, and your relationships. We will work through some of the tough questions which may be holding you back from living your ideal life. You were designed to heal yourself. You are resilient! No matter what has happened in your past or past relationships, you can heal; spiritually, mentally, emotionally, physically, and financially too. In fact, once you start living your purpose, you may find something that will create an opportunity for you to earn money and make a living doing what

you love! Just like me! I love writing and helping people so here I am today! Your healing begins within you. Make a decision today that you are going to love yourself and your life despite its current conditions; because your life can change in the blink of an eye! Good fortune can and will fall into your lap as you focus on loving yourself and living and walking out your purpose daily; creating happiness and keeping a positive mindset.

As you believe and continue to work on yourself and apply the thoughts and actions toward your ideal life, you will succeed. God has not brought you this far to leave you now! We will do some goal-setting and look at what it takes to achieve desired results. The ideal is that by the end of my workshop or one-on-one Love Coaching sessions with you, you will be on your way to creating the life that you desire, and becoming a better you. You will learn to love yourself a little bit better today and always because it's a life-long journey. You don't need anyone to tell you to love yourself, but sometimes you need a reminder.

How do we truly love ourselves? Do we really know how? Some people portray that they do, but their actions do not always line up. We are all forever works in progress; and I feel as though we all need to take some time off to really assess our personal love walk. Love of Self; Love of God; and Love of Others. The Self-Love Handbook is a simple guide on making that assessment and taking an inventory of your personal love account. It is geared toward single people; but also for those in love relationships and/or marriages, because no matter what type of relationships you are involving yourself in, the interactions will always be a reflection of what's going on inside of you. The goal is to maintain harmonious relationships within yourself and God, with your environment, and with others.

Thanks for participating, and I look forward to working with you personally!

Namaste and Love,

--Dr. Rae

Self-Love Toolkit

Items you will need for your personal, self-paced, self-love healing process include:

-a pen or pencil

-a journal or notebook paper

-some quiet time away from distractions, i.e. TV, Internet, friends, family, and/or work

-your favorite music (something soothing and relaxing)

-sea salt, bath salts, and/or bubble bath, bath oil, spiritual cleanse bath (olive oil, lemons, sea salt) lavender, rose, and/or patchouli oil.

-incense and/or scented candles

-blender

-food processor

Life Purpose (2013)

What is better than finding your Soul Mate? Finding your Life Purpose... Why, you ask? Your Life's Purpose is always with you and will always be with you! It is what you think about before you go to sleep...and first on your mind when you wake up in the morning... To many it may sound like I'm describing the feeling you have for a special person. Love of your Life's Purpose is that same feeling; the feeling you have for your Soul Mate or someone who you believe is your Soul Mate. Why is finding and having a Life Purpose so important? Your "definiteness of purpose" as Napoleon Hill defined, gives you meaning and focus in life. Your purpose gives you something to live for. Why do you get up every morning? Why are you living? Maybe you don't know...maybe you have drifted away from what you really love. That will happen at times; sometimes we lose sight of purpose because life can be tough. Living this life is all about our perception of what happens to us, not just what happens to us. It's okay if you haven't defined your exact purpose. It's not always one thing; it can be several things. The most important aspect is that you choose something to focus on while you have time on this side of the Earth to do so.

Your life's purpose is something you can pray and meditate on. In fact, you may find that it is something that has been with you and in you since childhood; because God placed it in you! You don't need to consult with anyone or need anyone's permission to do what you feel called to do. You will feel so much better about your life once you become in alignment with this special calling. You will be excited about life again! You will not be persuaded to get down about what you can't control; even the people in your life who you surely can't control. You just embrace everything about you and the tugging of the Spirit of God within that's telling you what to do. You want to be happy deep down inside, and only you know what really makes you happy. It doesn't matter where you live or what people come and go from your life. When you are in pursuit of your purpose, when you are living your purpose, nothing and no one can get in your way. You are focused on what you need to do. It may be a calling to help others in some way. Usually, it will involve some type of help or service for others. Maybe not in the beginning. When you are

fostering this purpose, it may seem as though you are being selfish because you have to take time out to prepare for it. Prepare yourself for the people you are called to help. You may be a researcher, a writer, a teacher, a police officer, doctor, or lawyer. Think of almost any occupation; think about entrepreneurs or people in business or ministry. Every calling involves a process of learning and training, but in the end, what you learn along with your gifts and talents will ultimately benefit someone else as well as yourself.

So today, begin to get a clear picture about what you really want to do. Only focus on that. Focus on what you want to happen in your life and what you want to have in your life; not on what you don't want to happen or what you don't have... You have to trick your brain and begin to "act as if"...act as if you already possess everything that you DESIRE (even your Soul Mate). Trust God and the Universe to help you make it happen. "Don't worry, be happy" because your life can change in an instant! Everyday affirm your purpose; and everyday look for new opportunities to pursue it! Know that ABUNDANCE is more than money. Abundance is peace, love, happiness, joy, family, and friends. Meditate on all that is good in your life and more goodness will be added unto you! It's your life to live so start living it with a DEFINITE PURPOSE and FAITH!

Love Yourself, Love Your Life! (Love Yourself and God)

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Relationships can be difficult; but let's talk about the one with self. How do you love yourself? Well, that's a peculiar question. It's all about how you treat yourself; how you feel about yourself; and how you conduct yourself in your relationships with others. Have you been neglecting the most important relationships in your life; the one with self and the one with God? You and God should be your top priority. I think sometimes we can focus so much on our need to please others that we forget about what's really important in life, including self and God. When you are unbalanced within, unhappy with self, and unhappy with life it is impossible to have healthy relationships with others. You will always seek an outside source for happiness, which does not equate real happiness. Happiness is within; it can be expressed through emotions. It is a state of mind that should be developed and unaltered by life conditions and circumstances. I'm not saying that we don't sometimes have bad days, but we must learn to possess an intrinsic motivation for what makes us happy. What is our reason for living? What is our purpose in life? A relationship alone is not going to fulfill this ultimate desire for happiness and purpose in life. We must learn and find out what we want from life and be happy with ourselves before getting into relationships. Otherwise, the relationships will lack balance. As it is within, so it will be without. Work on you; love God; love yourself; and love your life so that you can learn to better love others in a healthy way.

Scripture says it best that God is love in 1 John 4:8. "Whoever does not love does not know God, because God is love" (NIV). How can we say that we love God if we do not love our neighbor as we love ourselves? Better yet, how can we love our neighbor if we are not in right relationship with ourselves or God? God lives and dwells within us. When we have a relationship with God, then the world will see the fruit of that relationship; the fruit of His spirit and love that lives in you. It is time to heal that relationship within you. God's love is enough to sustain you until you learn to truly love yourself and your life despite your conditions!

What is Self-Love?

Knowing yourself and accepting yourself is the beginning of loving yourself. “Learning to love yourself is the greatest love of all”. You can’t truly love someone else until you fully learn to love yourself. These all sound so cliché, but they are all so true! What is self-love; and why is this topic so important? Self-love is age-less, race-less, class-less, gender-less, and without sexual orientation. Do you love yourself? Yes! You do! Do you need someone to tell you how to love yourself; or that you need to love yourself? Sometimes we need gentle reminders (that the Universe/God is going to give you anyway when you are out of alignment or not practicing self-love).

Self-love is a holistic love of self; not egotistically or out of ego in vanity. To practice self-love is to love one’s self. Self-love is a day-to-day, ongoing process that will challenge and surprise us throughout our lifetime. Everyone loves his or herself; we are selfish by nature. When we are born as little babies, it’s all about “me, me, me”. We then learn how to share and get along with family and others. As we grow and learn, the way we interact with people stems from learned behaviors. Sometimes in our growing, learning, and sharing process, we become unbalanced. It begins in childhood as we start coming or becoming into our own person and personality and trying to find others or groups, sometimes family sometimes not, in which to fit. We begin to navigate toward sameness or like-mindedness; those who share our commonalities even at an early age. Sometimes we may discover that we just don’t fit.

So where did we first lose confidence or love for ourselves? When someone told us we were different or teased us for being different. If we didn’t know to embrace being different then, we were offended and hurt and maybe even sensitive about it. We cried about it as kids and tried to find ways to alter it or mask it as adolescents. Some of us have carried these ways into adulthood constantly seeking acceptance and approval from others; trying to fit-in, but not. Pretending to be happy but neglecting who the person inside really is.

Now is the time to heal that child inside so that you can move into a life of purpose and real happiness. Real love of yourself; accepting everything about you, good, bad, and ugly (there is no ugly). It doesn't matter where you start from, at some point you have to accept yourself. If you find things you don't like, you change them. Your goal is your happiness. When you love and accept you, not in vanity but in a healthy and balanced way, you have more of you and love to give others whether they accept you or not. They don't have to accept you, but they will respect you because you shine!

Loving yourself and knowing yourself prepares you for relationships with others. You may be longing for partnership; you may feel misunderstood; you may have had bad break-ups or divorce; you may have issues with family members, friends, and co-workers; you may feel everyone around you is crazy; you may feel like a doormat and taken advantage of. These characteristics mean you are out of balance. You can say you love yourself, but you're not acting like you do. Self-love involves learning to put yourself and your needs before others. There is nothing selfish about this. Your environment is a reflection of you. Your peace, love, and balance come from within then radiate out. When you take care of you first, you feel better. You are in a better and healthier position to help others or be there for your loved ones. Put your oxygen mask on first (save you), and then save who you can. If you are dying or lost, how can you help someone else? So how can you learn to love yourself better or stay in balance to live a balanced life and have harmony and balance in your relationships? Learning about you and to love yourself and study yourself is a life-long process. It should be fun! It teaches you what you like and don't like; and what you will and won't tolerate in your life.

Realizing Your Self-Love Goals

Self-love healing begins by assessing where you are when it comes to loving yourself, and where you would like to be. Take some time to figure out your purpose for utilizing this program. Remember you attract that which you are. How can you work on yourself in order to have harmonious relationships with others? This program is all about you. We can choose to allow others to dictate how we will act, or we can take control by consciously deciding how we will react to others. The only person we can control is ourselves. We can make a conscious effort to love ourselves despite the actions, non-actions, or reactions of others. When we are truly happy within, we give off a vibration that alerts others of who we are and how much we love ourselves. We love ourselves enough not to settle for the mistreatment or disrespect of others.

6) Do you have a pampering or a “me” time regimen? ie. (getting your hair and nails done; massage; alone time to do what you want; see a movie; read a book; go shopping; enjoy a meal; pray/meditate; non-work; play; go to the gym; cleaning your home- a clean home is a reflection of your mind).

7) How often do you practice it?

8) What is your personal definition of self-love?

9) What do you desire for yourself and your life overall?

Bio

Raechel “Dr. Rae” Rivers was born, raised, and currently resides in St. Louis, Missouri. She has enjoyed creative writing since childhood, but her love of writing grew even stronger during her college years. “Dr. Rae” prides herself on being able to convey such “real” messages about the journey of love. Her words, racy at times, are what some readers need to hear; would not otherwise say, and appreciate for truth and honesty about love-life situations. “Journey to Self: Journey to Love” is her first self-published book printed by Authorhouse. She completed an Ed.S., Educational Specialist degree, in Curriculum and Instruction at the University of Arkansas, Fayetteville in 2011; and is a world-renowned Writer, Entrepreneur, and Love Coach. Her life's mission involves encouraging women and young women of all ages to “work on you and love yourself just the way you are”.

Raechel’s book, blog, and message on Self-Love have gained national and international popularity. As a result, she founded Embrace Enterprises and Publishing in 2012 to teach youth and adults about Self-Love and pursuing their purpose and passions. Her company’s motto is “Embrace You; A Lifestyle to Be You”. Additionally, Ms. Rivers offers workshops on writing, publishing, Entrepreneurship, and one-on-one Love Coaching sessions. She believes that “love is a journey where you go searching and ultimately find yourself”.

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